



2018

Mindful Care Adult Day Services, 615-542- 4371
 Day Program For Persons Ages 55 +
www.Mindful-Care.org
mindfulcareorg@gmail.com

<p>1 Monday 8:00—9 Coffee & Doughnuts 9—9:45 Reminisce 10-12:00 Giant Crossword Puzzle 12—1:45 Lunch 2-3 JINGO 3-3:45 Trivia</p>	<p>2 Tuesday 8:00-9:15 Coffee & Snacks 9:30-10:30 Fall coloring Craft 11:15-12:00 Name 5 12:00-1:45 Lunch 2-2:45 Fall Bingo 3:00—3:45 Exercise/Balloon Ball</p>	<p>3 Wednesday 8 —9:30 Coffee & Snacks 9:45—11 Jeopardy 11—11:45 October Birthday Party 12-1:45 Lunch 2-3 BLURT / Trivia 3-4 Exercise/Balloon Ball 4-5 Participants Choice</p>	<p>4 Thursday 8:00-9 Coffee & Snacks 9—9:30 Fall Coloring 9:45—11:30 Fall Painting Craft 12-1:45 Lunch 2-3 Exercise/Balloon Ball 3-3:45 Bean Bag Toss 4-5 Table Games</p>	<p>5 Friday 8:00 -9 Coffee & Snacks 9-10 Trivia 10-11:30 Current Events 12-1:30 Friday Craft 3:15-4 Trivia 4-5 Participants Choice</p>
<p>8 Monday 8:00—9 Coffee & Snacks 9- 10 Current Events 10:30-11:45 Wheel of Fortune 12- 1:45 Lunch 2-3 Exercise/Balloon Ball 3- 3:45 Trivia 4-5 Uno</p>	<p>9 Tuesday 8:00-9 Coffee & Snacks 9-10 Spot It Activity 10:30-11:45 Fall Paper Craft 12-1:45 Lunch 2-3 Bingo / Jingo 3:00—4 Exercise/Balloon Ball / Ladder Ball</p>	<p>10 Wednesday 8:00-9 Coffee & Snacks 9:30 -9:45 Bible Study 10:00—11:45 Giant Crossword Puzzle 12:00-1:30 Lunch 2-3 Exercise/Balloon Ball 3-3:45 Trivia 4-5 Participants Choice</p>	<p>11 Thursday 8:00—9 Coffee & Snacks 9-10 Paper Trivia 10:30-11:45 BLURT 12-1:30 Lunch 2-3 Trivia 3- 3:45 Exercise / Balloon Ball 4-5 Participants Choice</p>	<p>12 Friday 8:00—9 Coffee & Doughnuts 9—9:45 Reminisce 10-11:45 Table Games 12—1:45 Friday Lunch 2-3 JINGO 3-3:45 Trivia 4-5 Participant Choice</p>
<p>15 Monday 8:00—9 Coffee & Snacks 9-10 Paper Trivia 10:30-11:45 Phrase Game 12-1:45 Lunch 2-3:45 Afternoon Craft with Homeschoolers 3- 3:45 Exercise / Balloon Ball</p>	<p>16 Tuesday 8:00—9 Coffee & Snacks 9—9:45 Phrase Game 10—11:45 Crafts 12-1:30 Lunch 2-3 Exercise/ Balloon Ball 3-3:45 Ladder Ball 4-5 Participants Choice</p>	<p>17 Wednesday 8: 00—9 Coffee & Snacks 9—10 Table Games 10:30-11:45 Name 5 12-1:45 Lunch 2-3 Trivia 3-3:45 Exercise/Balloon Ball 4-5 Connect Four</p>	<p>18 Thursday 8:00—9 Coffee & Snacks 9-10 Coloring Activity 10:30-11:45 Paper Craft 12-1:30 Lunch 2-3 Exercise / Balloon Ball 3- 3:45 Bean Bag Toss 4-5 Participants Choice</p>	<p>19 Friday 8:00—9 Coffee & Snacks 9-10 Trivia 10-11:30 Current Events 12-2:00 Friday Lunch 2:15—2:45 Bingo/Jingo 3:00—4:00 Trivia 4—5 Participants Choice</p>
<p>22 Monday 8:00-9 Coffee & Snacks 9-10:30 Reminisce 11:15-12:15 Name 5 12:30-1:20 Lunch 2-3 Exercise/Balloon Ball 3-3:45 Bean Bag Toss 4-5 Participants Choice</p>	<p>23 Tuesday 8:00-9 Coffee & Snacks 9-10:45 Name 10 11:00-12: 30 Coloring Craft 12- 1:45 Lunch 2-3 Breast Cancer Awareness Craft 3-3:45 Exercise/Balloon Ball 4-5 Participants Choice</p>	<p>24 Wednesday 8:00—9 Coffee & Snacks 9:30—10:45 Phrase Game 11- 12 Trivia 12-1:45 Lunch 2-3 Music for Seniors Percussion Band 3-3:45 Exercise/ Balloon Ball 4-5 Participants Choice</p>	<p>25 Thursday 8:00- 9 Coffee & Snacks 9-10 Make A Memory 10:30- 11:45 Fall Puzzle Games 12- 1:30 Lunch 2-3 Exercise/ Balloon Ball 3- 3:45 Horseshoes 4-5 Participants Choice</p>	<p>26 Friday Wear Pink for Breast Cancer Awareness 8:00-9 Coffee & Cookies 9-10 Table Games 10:15—11:30 Name 5 12—1:45 Friday Lunch 2—3:45 Breast Cancer Awareness Craft 4-5 Participant's Choice</p>
<p>29 Monday 8:00-9 Coffee & Snacks 9-10 Bingo 10:30-11:45 Trivia 12-1:45 Lunch 2-3 Exercise / Balloon Ball 3- 3:45 Current Events 4-5 Uno</p>	<p>30 Tuesday 8:00- 9 Coffee & Snacks 9-10 Make A Memory 10:15- 11:45 Halloween Crafts 12- 1:45 Lunch 2-3 Halloween Games 3- 3:45 Exercise/Balloon Ball 4-5 Participants Choice</p>	<p>31 Wednesday 8:00-9 Coffee & Snacks 9-10:30 Jeopardy 10:45-11:45 Halloween Fun with Preschoolers 12-1:45 Lunch 2-3 Halloween Bingo 3:00—4 Exercise/Balloon Ball 4-5 Participants Choice</p>	<p>October Birthdays 10/5 Annette Pelland 10/10 Keneshia Sweet</p>	<p>All activities are subject to change.</p>